



# Essex Cross Country Championships

## Hadleigh

**January 8, 2011**

## U13 Boys

Pos	ID	Name	Club	Time
1	4	George Elliott	Benfleet	12: 30
2	41	Lawrence Willmore	Southend	41
3	55	Canaan Solomon	Woodford G & EL	44
4	43	Adam Jordan	Southend	50
5	61	Max Jones	Basildon	51
6	36	Daniel Richards	Orion H	13: 35
7	56	Daniel Rowden	Woodford G & EL	40
8	44	Brandon Thorpe	Southend	42
9	14	Henry Blanks	Chelmsford	47
10	5	Adam Foster	Benfleet	53
11	6	Daniel Frimley	Benfleet	14: 19
12	33	George Day	Orion H	21
13	19	Sean Wilson	Havering M	23
14	46	Charlie Baker	Southend	27
15	53	Jody Meredith	Thurrock H	30
16	42	Jack Woolf	Southend	37
17	52	Gary Cahill	Thurrock H	53
18	15	Nathan Breareley	Chelmsford	57
19	49	Liam Barnard	Thurrock H	57
20	51	Sam Smith	Thurrock H	59
21	45	Mitchell Cox	Southend	15: 01
22	7	Robert Alabaster	Benfleet	03
23	35	Ben Pattison	Orion H	05
24	30	Jack Maher	Ilford	18
25	20	Robert Woodgate	Havering M	22
26	40	Teddy Johnson	Orion H	57
27	31	Benjamin Haynes	Newham & EB	58
28	57	James Wakefield	Woodford G & EL	16: 00
29	25	Michael Hollette	Havering M	36
30	21	Ryan Green	Havering M	17: 00

Pos	ID	Name	Club	Time
31	58	Christopher Hogg	Woodford G & EL	18: 00
32	10	Alex Pate	Benfleet	25

### Team Result

1	Southend	28
2	Benfleet	44
3	Orion H	67
4	Woodford G & EL	69
5	Thurrock H	71
6	Havering M	97

# Essex Cross Country Championships

## Hadleigh

January 8, 2011

## U15 Girls

Pos	ID	Name	Club	Time
1	311	Sophie Riches	Chelmsford	18: 04
2	340	Georgia Tuckfield	Orion H	45
3	330	Lydia Hallam	Havering M	19: 05
4	355	Amelia Barrett	Woodford G & EL	33
5	302	Kaylee Dodd	Basildon	35
6	312	Katie Solis	Chelmsford	39
7	341	Sydney Taylor	Orion H	46
8	320	Natasha Fisher	Chelmsford	48
9	313	Madeline Gough	Chelmsford	20: 21
10	344	Isabel Hewitt	Southend	40
11	316	Isobella Warren	Chelmsford	43
12	301	Emily Bullis	Basildon	45
13	332	Lindsay McLachlan	Havering M	46
14	345	Sarah Imbush	Southend	47
15	347	Emma Jarvis	Southend	50
16	304	Poppy Aitmarrie	Basildon	57
17	337	Rebecca Christmas	Havering M	21: 07
18	314	Jessica Swain	Chelmsford	27
19	338	Anna Clark	Loughton	32
20	319	Marleen Avontuur	Chelmsford	34
21	318	Lucy Longdon	Chelmsford	54
22	351	Kira Meredith	Thurrock H	22: 03
23	354	Ellie Foster	Woodford G & EL	10
24	346	Chloe Williams	Southend	13
25	315	Sophie Crofts	Chelmsford	15
26	331	Francesca Smith	Havering M	23
27	321	Rebecca Wade	Chelmsford	32
28	324	Molly Huggins	Colchester H	36
29	305	Emma Houchell	Basildon	49
30	357	Isobel Moss	Woodford G & EL	56

Pos	ID	Name	Club	Time
31	322	Charlotte Head	Colchester H	23: 9
32	328	Hanna Banks	Colchester & T	16
33	342	Heather Marshall	Orion H	26
34	348	Annabelle Matthews	Southend	34
35	333	Rebecca Ward	Havering M	46
36	326	Charlotte Kew	Colchester & T	48
37	359	Lucy Hayes	Woodford G & EL	24: 32
38	335	Avril Lyons	Havering M	45
39	323	Joy Huggins	Colchester H	56
40	352	Billie Bradley	Woodford G & EL	25: 17
41	309	Lydia Ward	Billericay S	38
42	349	Abigail Morgan	Tiptree	27: 56
43	356	Jessica Edwards	Woodford G & EL	30: 16
44	308	Charlotte Porter	Billericay S	24
45	350	Gemma Holloway	Thurrock H	35: 6
46	325	Lizzie Simon	Colchester H	36: 23

### Team Result

1	Chelmsford	24
2	Havering M	59
3	Basildon	62
4	Southend	63
5	Chelmsford 'B'	70
6	Woodford G & EL	94
7	Colchester H	144

# Essex Cross Country Championships

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January 8, 2011

## U15 Boys

Pos	ID	Name	Club	Time
1	221	Joe Alexander	Colchester & T	16: 53
2	245	Rob Frith	Southend	17: 03
3	211	Callum Charleston	Chelmsford	33
4	257	Perry Rowan	Woodford G & EL	49
5	227	Andrew Holland	Havering M	54
6	253	Steve Hancock	Southend	18: 00
7	247	James Nadin	Southend	04
8	229	James Kidd	Havering M	16
9	206	James Hall	Benfleet	22
10	209	Ben Howard	Billericay S	33
11	250	Josh Mann	Southend	35
12	236	Jim Fodder	Newham & EB	36
13	202	Adam Houchell	Basildon	37
14	241	Cheyenne Antoine-Chagar	Orion H	39
15	218	Robert Clark	Colchester H	50
16	240	Matthew Boyce	Orion H	52
17	248	Jo Ray	Southend	57
18	231	Thomas King	Ilford	59
19	251	Joe Beard	Southend	19: 00
20	207	Kieran Stevens	Benfleet	02
21	225	Nick Duffy	Havering M	06
22	252	Tate Baron	Southend	11
23	234	Ameer Mer	Ilford	18
24	228	Nick Shade	Havering M	19
25	258	Elliott Joseph	Woodford G & EL	20
26	217	Arron Rae	Chelmsford	37
27	219	Connor Price	Colchester H	46
28	244	Jack Waller	Orion H	51
29	256	Stephen Davies	Thurrock H	51
30	232	Ricardo Da Silva	Ilford	20: 00
31	243	Daniel wellard-Jeffs	Orion H	30
32	208	Aiden Robinson	Billericay S	38
33	214	Greg Minton-Branfoot	Chelmsford	21: 15
34	254	Zach Inwood	Southend	22
35	242	Alex McKerrell	Orion H	22: 40

Pos	ID	Name	Club	Time
36	220	William Deasy	Colchester & T	41
37	233	Sharmaake Adan	Ilford	26: 38

### Team Result

1	Southend	26
2	Havering M	58
3	Orion H	89
4	Southend 'B'	92
5	Ilford	108

# Essex Cross Country Championships

Hadleigh

January 8, 2011

U17 Women

<b>Pos</b>	<b>ID</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b><u>Team Result</u></b>	
1	508	Jessica Judd	Chelmsford	18: 25	1 Chelmsford	24
2	507	Aimee Garnett	Chelmsford	20: 52	2 Basildon	47
3	524	Armannie Antoin	Orion H	21: 13	3 Southend	52
4	533	Lauren McGregg	Woodford G & EL	21		
5	517	Bethany Hall	Havering M	22: 16		
6	503	Eleanor Johnson	Basildon	22		
7	501	Emily Ballard	Basildon	40		
8	528	Jordan Lacey	Southend	51		
9	515	Charlotte Mattha	Enfield & H	23: 37		
10	511	Kim Johansen	Chelmsford	39		
11	509	Jessica Mead	Chelmsford	24: 00		
12	532	Emily Crow	Southend	18		
13	505	Lorna Almond	Billericay S	29		
14	504	Jade Peel	Basildon	38		
15	530	Alex Morgan	Southend	25: 15		
16	518	Sharmilla Golan	Havering M	27: 13		
17	531	Sophie Jarvis	Southend	29		
18	520	Shannon Sullivan	Havering M	52		
19	510	Camilla Smee	Chelmsford	28: 31		
20	502	Zoe Easdon	Basildon	30: 48		
21	523	Natalie Pla	Newham & EB	32: 07		

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January 8, 2011

## U17 Men

Pos	ID	Name	Club	Time
1	401	Jack Fitsall	Basildon	17: 17
2	411	Chris Youell	Chelmsford	19
3	408	Alex Short	Chelmsford	19
4	403	Andy Law	Basildon	20
5	458	Liam Blaikie	Woodford G & EL	27
6	412	Steven Woodford	Chelmsford	29
7	459	James Stockings	Woodford G & EL	44
8	425	Hoseah Gikungu	Havering M	53
9	414	Sam Robinson	Chelmsford	18: 09
10	454	Tom Richardson	Thurrock H	22
11	438	Oliver Kyrakides	Southend	23
12	460	Chris Sear	Woodford G & EL	26
13	440	Rees Gillard	Southend	33
14	441	Richard Stennett	Southend	57
15	442	Sam Brown	Southend	19: 02
16	409	Adam Crook	Chelmsford	05
17	444	Charlie Parker	Southend	06
18	428	Alex Richards	Ilford	08
19	426	Thomas Davies	Havering M	26
20	435	Tommy Bower	Newham & EB	34
21	452	Dennis Cross	Thurrock H	50
22	464	Ryan Dunne	Woodford G & EL	51
23	413	Steven Adcock	Chelmsford	20: 18
24	420	Adam Edwards	Havering M	31
25	422	Massi Dendani	Havering M	39
26	445	Max Knight	Southend	41
27	418	Ryan O'Mahoney	Havering M	48
28	427	Ton Brennan	Havering M	50
29	423	Ross Earney	Havering M	54
30	461	Sean Kenny	Woodford G & EL	56

Pos	ID	Name	Club	Time
31	457	Alec Finch	Thurrock H	57
32	463	Sam Bengé	Woodford G & EL	21: 05
33	434	Alex Gordon	Orion H	16
34	446	John Kerridge	Southend	23
35	407	Stephen Pidgeon	Billericay S	32
36	431	Alberic Hall	Orion H	37
37	429	Michael O'Callaghan	Ilford	22: 27
38	456	Lewis Prothero	Thurrock H	42
39	433	Buddy Green	Orion H	No: Time

### Team Result

1	Chelmsford	20
2	Woodford G & EL	46
3	Southend	53
4	Havering M	76
5	Thurrock H	100

# Essex Cross Country Championships

## Hadleigh

January 8, 2011

## U20 Women

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b><u>Team Result</u></b>	
<b>1</b>	176 Gemma Kersey	Basildon	20: 21	1 Woodford G	33
<b>2</b>	178 Poppy Blake	Chelmsford	32		
<b>3</b>	181 Laura Condron	Colchester & T	21: 10		
<b>4</b>	177 Katie Tuttlebury	Chelmsford	46		
<b>5</b>	191 Claudia Conway	Woodford G & EL	22: 29		
<b>6</b>	186 Holly Gillard	Southend	53		
<b>7</b>	192 Sidnie Sales	Woodford G & EL	23: 44		
<b>8</b>	182 Lacey Bareham	Colchester & T	24: 01		
<b>9</b>	175 Charlotte Bishop	Basildon	07		
<b>10</b>	193 Becky Hewitt	Woodford G & EL	09		
11	190 Kate Stockings	Woodford G & EL	18		
12	179 Laura Hillyard	Colchester & T	26: 06		

# Essex Cross Country Championships

## Hadleigh

January 8, 2011

## U20 Men

<b>Pos</b>	<b>ID</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Team Result</b>	
<b>1</b>	1	Harun Abdi	Newham & EB Gst	31: 24	1 Thurrock H	49
<b>2</b>	2	Joseph Gill- Rus	Newham & EB Gst	33: 51		
<b>3</b>	601	Grant Webb	Basildon	34: 08		
<b>4</b>	613	Daniel Penfold	Orion H	28		
<b>5</b>	607	Jamie Buckley S	Havering M	35: 15		
<b>6</b>	604	Sam Clayton	Colchester & T	24		
<b>7</b>	621	David Smale	Southend	36: 01		
<b>8</b>	616	George Moxon	Southend	21		
<b>9</b>	625	Adam Ena	Thurrock H	46		
<b>10</b>	623	Adam Dawson	Thurrock H	37: 25		
<b>11</b>	3	Richad Golsts	Newham & EB Gst	36		
<b>12</b>	603	Kurtis Swan	Billericay S	38: 59		
<b>13</b>	4	David Kail	Newham & EB Gst	39: 28		
<b>14</b>	624	Adam Dowman	Thurrock H	39		
<b>15</b>	615	Adam Essam	Orion H	41: 23		
<b>16</b>	626	Abdul Ali	Thurrock H	56		
<b>17</b>	620	Kyle Aldridge	Southend	43: 04		
<b>18</b>	627	Jack Megran	Thurrock H	63: 34		



## Essex Cross Country Championships

### Hadleigh

January 8, 2011

### Senior Women

Pos	ID	Name	Club	Time	Pos	ID	Name	Club	Time
1	73	Harriet Scott	Havering M	36: 36	61	19	Debbie Slack V40	Benfleet	24
2	68	Sara Luck	Havering M	38: 24	62	105	Angela Bent V55	Pitsea	44
3	96	Natalie Kipps	Orion H	36	63	16	Sarah Norton V35	Benfleet	54: 14
4	71	Robyn Matson	Havering M	46	64	57	Alison Goodlad V40	Eton Manor	55: 27
5	2	Karen Goode	Basildon	39: 12	65	131	Michelle Allen	Thrift Green T	56: 11
6	153	Katherine Gundersen V35	Woodford G & EL	22	66	88	Jean Hobbs V60	Loughton	15
7	169	Evie Serventi V35	Woodford G & EL	40: 12	67	63	Mary Dyer V35	Havering 90	57: 31
8	37	Debbie Cattermole V45	Colchester H	29	68	27	Elsbeth Missen V50	Chelmsford	58: 30
9	3	Nicola Bredin	Basildon	37	69	101	Teresa Flannigan V55	Pitsea	59
10	28	Carys Sutton	Chelmsford	41	70	132	Kerry-Anne Bell V35	Thrift Green T	59: 19
11	58	Alex Gounelas	Eton Manor	48	71	119	Debbie Lyn Hallam V35	Southend	57
12	159	Bernadine Pritchett V40	Woodford G & EL	51	72	61	Christins Watson V50	Eton Manor	60: 43
13	26	Megan Evans	Chelmsford	41: 12	73	133	Tina Clarke V40	Tiptree	61: 25
14	74	Vicky Smith	Havering M	36	74	134	Carolyln Bownes V50	Tiptree	26
15	115	Natasha Lagden V35	Southend	43	75	125	Sarah Knowles	Springfield S	36
16	30	Sally Mhlanga V35	Chelmsford	42: 03	76	77	Pamela Jones V70	Ilford	39
17	65	Debbie Appleton V35	Havering M	28	77	25	Cathryn Sunderland V45	Chelmsford	62: 59
18	122	Nikki Brockbank	Springfield S	37	78	104	Heather Jackson V60	Pitsea	66: 12
19	10	Catherine Stunt V35	Benfleet	46	79	83	Michaela Davis V40	Loughton	68: 27
20	36	Denise Morley V40	Colchester H	51	80	108	Diane Eastland	Pitsea	69: 49
21	43	Sarah Ivory	Colchester H	57	81	107	Sharon Eastland	Pitsea	70: 05
22	55	Sharon Bolister	Eton Manor	43: 07	82	106	Nicola Gordon	Pitsea	76: 12
23	70	Jade Edwards	Havering M	18					
24	124	Sarah Colbert V40	Springfield S	26					
25	49	Rebecca Adams	Colchester & T	37					
26	143	Louise Rolfe	Walden Tri	39					
27	41	Kate Sandercock V35	Colchester H	44: 02					
28	111	Sarah Jeffery	Southend	15					
29	12	Vanessa Dodds	Benfleet	23					
30	128	Lucy Westcott	Springfield S	50					
31	23	Hayley Pegg	Chelmsford	45: 02					
32	89	Michelle Hurlley V35	Loughton	40					
33	48	Ellie Cumner	Colchester & T	46: 35					
34	14	Sarah Grabowski	Benfleet	39					
35	13	Louisa Latham	Benfleet	47: 03					
36	60	Jenni Close	Eton Manor	44					
37	75	Dianne Crisp V45	Ilford	50					
38	94	Gay Shillaker V50	Loughton	52					
39	149	Wendy Martin V35	Witham	48: 00					
40	15	Jo Burtenshaw V40	Benfleet	10					
41	110	Melanie Ling V45	Southend	14					
42	139	Victoria Peacock V35	Thurrock H	43					
43	53	Sharon Springfield V35	East London	51					
44	117	Venessa Mathers V35	Southend	53					
45	118	Amanda Baker V35	Southend	49: 15					
46	92	Helen Real	Loughton	27					
47	39	E Neale	Colchester H	44					
48	102	Rachael Flannigan V35	Pitsea	45					
49	127	Sarah Wenman V35	Springfield S	50: 25					
50	147	Claire Gordon V35	Witham	28					
51	76	Nicola Hopkinson V45	Ilford	40					
52	166	Alex Wardle V40	Woodford G & EL	51: 29					
53	148	Rachel O'Connor V35	Witham	35					
54	126	Kerry-Anne Marsh	Springfield S	42					
55	146	Tracie Bromboszcz V45	Witham	55					
56	24	Tracey Minton V50	Chelmsford	52: 00					
57	56	Steph Baxter V50	Eton Manor	18					
58	69	Jane Hallam V40	Havering M	21					
59	64	Eleanor Mole	Havering 90	45					
60	17	Jennie Page	Benfleet	53: 13					

#### Team Result

1	Havering M	21
2	Chelmsford	70
3	Colchester H	76
4	Woodford G & EL	77
5	Benfleet	117
6	Springfield S	121
7	Eton Manor	126
8	Southend	128
9	Loughton	182
10	Witham	197
11	Benfleet 'B'	224
12	Pitsea	257

## Essex Cross Country Championships

### Hadleigh

January 8, 2011

### Senior Men

Pos	ID	Name	Club	Time	Pos	ID	Name	Club	Time
1	701	Mark Sanford	Basildon	49: 00	61	713	Colin Rothwell V55	Benfleet	22
2	748	Paul Whittaker	Chelmsford		62	73	John Wallis V45	Woodford G & EL	26
3	729	Crispian Bloomfield	Billericay S	50: 01	63	966	Gregory McDowell V40	Tiptree	30
4	755	Adrian Mussett V35	Colchester H	21	64	901	Alec Kyrakides V45	Southend	37
5	738	James Williams	Chelmsford	44	65	917	Stuart Raven V35	Springfield S	40
6	751	Gavin Chatterton	Chelmsford	51: 09	66	720	Alan Clark V40	Benfleet	58
7	823	Malcolm Muir V35	Ilford	17	67	777	Ian George V40	East Essex Tri	63: 00
8	992	Kevin Murphy V35	Woodford G & EL	27	68	715	Peter Watson	Benfleet	11
9	983	Mark Burgess	Woodford G & EL	42	69	952	Michael Bumstead V55	Thurrock H	19
10	836	Spencer Hempsted V40	Ilford	52	70	618	Josh Crompton	Southend	29
11	757	Chris Sellens	Colchester H	52: 10	71	949	E Shelley V45	Thurrock H	64: 06
12	821	Rob Warner	Havering M	16	72	919	Darren Sutton V40	Springfield S	12
13	921	Tristan Windley	Springfield S	48	73	930	Melvyn Cooper V50	Thrift Green T	50
14	742	Ryan Prout	Chelmsford	53: 06	74	771	Gary Riches V40	Colchester & T	53
15	820	Grant Twist	Havering M	25	75	913	Andrew Mason V45	Springfield S	57
16	995	Tom Phillips	Woodford G & EL	42	76	714	Nick Rankin V50	Benfleet	65: 18
17	753	Phil Munro	Colchester H	49	77	746	David Tullet V45	Chelmsford	50
18	998	Darren Southcott	Woodford G & EL	58	78	907	Jon Byford V35	Springfield S	56
19	996	Jim Roche V35	Woodford G & EL	54: 04	79	831	Kevin Newell V35	Ilford	66: 05
20	733	Anthony Squire	Billericay S	15	80	814	Chris Coates	Havering M	16
21	985	Angus Holford	Woodford G & EL	23	81	718	Graham Crockett V45	Benfleet	23
22	743	Lee Pickering	Chelmsford	55: 06	82	770	Bill Haining V55	Colchester H	33
23	754	Allen Smalls V40	Colchester H	17	83	724	Kevin Sexton V50	Benfleet	36
24	74	Harold Wyber	Woodford G & EL	29	84	846	Steve Anstiss V45	Loughton	41
25	869	Dan Moses	Orion H	42	85	908	Tommy Careless	Springfield S	47
26	726	Dave Buttler V55	Billericay S	56: 15	86	986	Alistair Holford V50	Woodford G & EL	52
27	749	Steve Whittaker	Chelmsford	30	87	835	Terry Knightley V50	Ilford	55
28	877	Neil McGoun	Orion H	40	88	988	Martin Mack V40	Woodford G & EL	67: 07
29	827	Raymond Dzikowski V45	Ilford	57: 04	89	961	Simon Morgan V40	Tiptree	25
30	763	Paul Spowage V45	Colchester H	08	90	965	Mark Brewer V45	Tiptree	45
31	824	Darren Bottrill	Ilford	12	91	911	Gary Joslin V40	Springfield S	68: 02
32	971	Jonathan Booty	Witham	59	92	975	Tony Wallen V40	Witham	18
33	902	Ben Hunter	Southend	58: 14	93	722	Steve Line V40	Benfleet	25
34	765	John Fryer	Colchester H	23	94	973	Leo Cole V40	Witham	32
35	991	Ed Messer	Woodford G & EL	24	95	727	Eamon Brown V50	Billericay S	36
36	939	John Green V45	Thurrock H	28	96	723	Dave Spain V40	Benfleet	69: 00
37	760	Peter West V45	Colchester H	30	97	797	Adrian Frost V50	Eton Manor	06
38	756	Rob Gibby V35	Colchester H	46	98	750	Mike Judd V45	Chelmsford	12
39	725	Tim Butt	Billericay S	48	99	934	Terry Allen	Thrift Green T	15
40	730	Andy Coleman	Billericay S	48	100	826	Steve Allen V50	Ilford	26
41	948	David Johnson	Thurrock H	59: 06	101	805	Dave Hallam V50	Havering 90	34
42	864	Leigh Crispin	Newham & EB	10	102	784	James Wilson	East London	40
43	759	Jonathan Nears V35	Colchester H	17	103	974	Stuart Mills V35	Witham	52
44	792	Paul Gates V45	Eton Manor	23	104	790	Steve Adams V45	Eton Manor	70: 07
45	904	Paul Anderson	Springfield S	42	105	909	Julian Catmull V45	Springfield S	13
46	711	Tony Mead V40	Benfleet	60: 21	106	773	Roger Alexander V50	Colchester & T	18
47	942	Scott Rice V40	Thurrock H	23	107	716	David Thomson V40	Benfleet	23
48	717	Andrew Morris V50	Benfleet	26	108	767	Pat Marsh V40	Colchester H	49
49	822	Neil Crisp V45	Ilford	30	109	778	Derek Wright V40	East London	71: 15
50	876	Brian Jenkins	Orion H	56	110	912	Anthony Marsh	Springfield S	27
51	710	Keiron McGill	Benfleet	61: 00	111	762	Paul Helliwell V40	Colchester H	53
52	994	Tony Pamphilon V50	Woodford G & EL	12	112	929	Stephen Rebel	Thrift Green T	72: 03
53	741	Adam Colgrave	Chelmsford	38	113	962	Edward Skinner V50	Tiptree	12
54	764	David Wright V50	Colchester H	47	114	977	Alex Stuckey V35	Witham	15
55	719	Mike Grout V40	Benfleet	49	115	774	Kevin Frost V40	Colchester & T	24
56	928	Ian O'Neil V40	Thrift Green T	50	116	799	Ian Lambert V50	Eton Manor	39
57	76	Rob Cox	Woodford G & EL	62: 00	117	832	Steve Parker V50	Ilford	45
58	744	Billy Parker-Brown	Chelmsford	04	118	968	Jamie Fairfull	Tiptree	49
59	75	Dave Cox V55	Woodford G & EL	07	119	920	Paul Wheeldon V35	Springfield S	73: 02
60	950	Don Lawlwss V45	Thurrock H	10	120	990	Stuart Maxwell V35	Woodford G & EL	19

## Essex Cross Country Championships

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### Senior Men

Pos	ID	Name	Club	Time	Pos	ID	Name	Club	Time
121	957	Bernie Johnson V55	Thurrock H	32				<u>Team Result</u>	
122	776	Jez Baxter V40	East Essex Tri	46	1		Chelmsford	76	
123	853	Dave Tyson V35	Loughton	74: 25	2		Woodford G & EL	91	
124	850	Tony Maycraft V50	Loughton	75: 02	3		Colchester H	119	
125	887	Keith Jackson V60	Pitsea	21	4		Ilford	205	
126	972	Richard Liles V45	Witham	49	5		Billericay S	223	
127	956	Steve Kemp V50	Thurrock H	58	6		Woodford G & EL 'B'	289	
128	978	Keith Taylor V45	Witham	76: 00	7		Thurrock H	324	
129	980	Alan Pilgrim	Witham	04	8		Benfleet	327	
130	871	Graham Hall V40	Orion H	20	9		Springfield S	348	
131	793	Roger Albury V50	Eton Manor	25	10		Colchester H 'B'	362	
132	916	Jason Prail V35	Springfield S	51	11		Benfleet 'B'	497	
133	895	Simon Smale V40	Southend	77: 05	12		Witham	561	
134	796	Steve Dunn V35	Eton Manor	22	13		Tiptree	610	
135	855	Ray Vautier V55	Mid Essex C	51	14		Eton Manor	626	
136	882	Chris Footer	Phoenix S	78: 11	15		Springfield S 'B'	642	
137	960	Malcolm Bailey V50	Tiptree	18	16		Loughton	759	
138	802	Denis Mole V60	Havering 90	31	17		Witham 'B'	862	
139	79	Charlie Ross	Chelmsford	35	18		Havering 90	863	
140	982	Dave Smith V50	Witham	80: 23					
141	854	Jim Whiffin V55	Loughton	32					
142	851	Duncan Rainey V40	Loughton	34					
143	789	Paul Thompson V40	East London	46					
144	914	David Milton V55	Springfield S	52					
145	849	David Hobbs V60	Loughton	81: 15					
146	775	Daniel Miller	Dagenham 88	82: 08					
147	848	George Georgiou	Loughton	83: 22					
148	981	Pete Gold	Witham	31					
149	801	Lance Tabraham	Eton Manor	84: 29					
150	967	Matt Kett	Tiptree	85: 08					
151	77	Andy Smith	Woodford G & EL	25					
152	803	Neil Moses	Havering 90	49					
153	808	John Gregory	Havering 90	86: 44					
154	935	Michael Stagg	Thrift Green T	90: 34					
155	870	Pete Deadman	Orion H	59					
156	728	Jim Rourke	Billericay S	93: 58					
157	976	Colin Short	Witham	94: 52					
158	807	Keith Penfold	Havering 90	95: 44					
159	885	Chris Bell	Pitsea	98: 07					
160	979	Roger Smith	Witham	21					
161	806	Barry Rowell	Havering 90	111: 12					